

STRAWBERRY A PERFECT FOOD

Fruit Juices Admirably Adapted to Those Requiring a Light Diet.

Although the strawberry has been in cultivation for nearly two hundred and fifty years, the wild strawberry dates back into the times of antiquity. This luscious berry, which to-day we so much enjoy, was peddled about the streets of ancient Grecian and Roman cities by hucksters, many centuries in the past. Virgil sings of it in his pastoral poems, and Ovid mentions it in words of praise.

The cultivated strawberry plant reached Europe about the year 1712, but attracted little attention and made little progress until about 1750 or 1760, when another kind than those previously raised was brought from Chili—one having a pleasant, pineapple-like aroma, which was known as the pine strawberry.

In America, during the early colonial days, the wild strawberries of the field were abundant and furnished a much prized article of diet. These wild plants were transplanted to the garden and produced fruit of increased size. The garden strawberry is, therefore, an American product. It adapts itself to a wider range of latitude and to greater extremes in environment than any other cultivated fruit. There are a great many varieties, each peculiar to its section of the country.

As the strawberry contains abundant salts of potash, lime, and soda, its value as a food can not be over-estimated. What is more refreshing on a warm day, after being fatigued from labor in the fields, or perchance, after returning from a long walk, than to sit down to a dish of these luscious berries, which our Creator has so kindly caused to grow for us! As you cut them with the spoon and the fine red juice begins to flow, note the contrast between this sight and the one, so horrifying, of cutting a piece of bloody meat, causing the oozing out of the blood, "which is the life."

"Take not the life you cannot give. All things have equal right to live."

For persons very ill with fever, or for any others who require a light diet, there is nothing better adapted than fruit juices. This is the lightest diet which can be taken, digests easily and is very refreshing, because of the valuable acids which the berries contain. Further, the fruit acids are germicides, keeping the stomach, and in fact the whole alimentary canal, to a great degree, free from germs, which would otherwise do much mischief, overpowering the body weakened from battling against disease. According to some authorities, beside the antiseptic property of the strawberry, it possesses more—a curative property. Linnaeus, it is said, was persuaded to take strawberries during a severe attack of sciatia, with the result that a sweet sleep ensued, and when he awoke the pain had sensibly subsided. On the next day he ate as many strawberries as possible, and on the following morning the pain was gone, and he was able to leave his bed. Gouty pains returned at the same date in the next year, but they were dispersed as soon as Linnaeus was able to get strawberries. As the strawberry excels all other common fruits in the amount of mineral salts, it is likely that this fruit is beneficial in gouty states.

Strawberries are best eaten just as they come from the vines, after being thoroughly washed, with a little sugar as possible, as much sugar renders fruit less digestible. The strawberry, as well as all other acid fruits, does not combine well with milk or cream, so this should be avoided. Canned berries are very nice for use when fresh ones are out of season.

Fruit Soup—In one cup of strawberry juice cook one teaspoonful of sage until transparent. Add one cup of pineapple juice, one tablespoonful of lemon juice, one tablespoonful of sugar. Serve hot as soon as well heated.

Strawberry Minute Pudding—Cook a quart of ripe strawberries in a pint of water till well scalded. Add sugar to taste. Skim out the fruit, and into the boiling juice stir a scant cup of granulated wheat flour, previously rubbed to a paste with a little cold water; cook fifteen or twenty minutes, pour over the fruit, and serve cold with whipped cream.

Strawberry Toast—Take fresh strawberries and mash well with a spoon. Add sugar to sweeten, and serve as a dressing on slices of zwieback previously moistened with hot water or hot cream. When fresh berries are not obtainable, turn a can of well-kept berries into a colander over an earthen dish, to separate the juice from the berries. Place the juice in a porcelain kettle, and heat to boiling. Thicken to the consistency of cream with cornstarch rubbed smooth in a little water; a tablespoonful of flour to the pint of juice will be about the right proportion. Add the berries and boil up just sufficiently to cook the flour and heat the berries. Serve hot.

Rest. Few people really know how to rest. Exercise is very necessary to health and many do not take enough of it; but on the other hand, perhaps even more people rest too little, or what amounts to the same thing, do not rest properly. No matter how well developed the muscles are, if they are rigid and stiff they will not do the best work. They must be readily relaxed when not in use. Even athletes if they really understand the laws of exercise, strive for relaxation as well as for well-developed muscles.

Rest means relaxation—not only of the body, but of the mind also. In America, particularly, we are apt to forget this. That is why "nervous prostration" is such a popular phrase just now. The Germans, as a nation, go more slowly than we do in all things; the English and even the French take life more easily. Perhaps our atmosphere conduces to energy and hurry. At any rate the popularity of such words as "strenuous," "hustle" and the like, in this country, show our attitude as a nation.

Of course we cannot immediately change all this. We do not wish to. Enthusiasm and energy, hard work and hard thinking, have brought us to our present state of prosperity, and we cannot afford to fall back now. Nor do we need to. Hard work, whether of hand or brain, does not kill, but continual work and worry do. If we would secure the future generations from nervous degeneration, we must learn how and when to relax.

This is very hard for some temperaments. Some people must have their hands constantly occupied in some way, and it is difficult, of course, to remember that haste is often slower than deliberation. We say that have no time to go slowly.

A great fault in busy people is their failure to relax thoroughly at night. Many go to bed and sleep, after a fashion, but with tense nerves. The mind should be as divested of worries and cares at bedtime as the body is of clothes. The muscles must be relaxed. If exercises are taken at night, they should end in a few especially for relaxation. Some of the most helpful of these relaxing exercises may be mentioned:

1. Stand easily erect, chest raised and abdomen in, and let the head fall gently forward, then arms and trunk above the waist. All this must be done without effort, the breath being gently expelled at the same time. After a little pause, raise the body slowly.

2. Stand erect, raise the arms above the head and let them fall—first the fingers, then the wrists, then the arms.

3. Let the arms hang at the sides, then slowly and gently swing them from side to side, gradually letting the head and then the body swing with them.

Remember that your object is to relax the muscles and do all these exercises easily and with as little exertion as possible.

"It's All Dead."

A physician recently related an incident which had come under his observation showing the aversion a certain little fellow of 4 entertained for dead chickens. On being seated at a table upon which was an uncarved chicken, he cried out in evident distress, "It's all dead, mamma! I must have hurried it," and he could scarcely be persuaded to remain at the table until the dead creature was carved past recognition.

Children are naturally tender and sympathetic, not only toward each other, but also solicitous for the welfare of the lower animals. The parents of this child will probably congratulate themselves when his tender nature becomes so calloused that the sight of a dead animal being devoured will seem to him entirely consistent, and will no longer excite his pity.

Many of the boys in the stock yard districts of our large cities are further advanced in education in this line, for they consider it rare amusement to torment the live stock before they are unloaded from the stock cars. One method is to poke them with red-hot irons until the animals give vent to the most piteous outcries.

The barbarous custom of college hazing is another manifestation of this same spirit of cruelty, which, when implanted early enough in the child's mind and then carefully fostered and cultivated, will invariably in due time produce a bountiful harvest of undesirable fruits in various shocking manifestations of human cruelty.

Breathing and Digestion.

The stomach lies just below the diaphragm, and a portion of the mechanical work of the stomach, the mingling of the food and the digestive fluids, is performed by the diaphragm, which, as it moves up and down, kneads the stomach and its contents, and so greatly aids digestion. In ordinary breathing in a quiet person the movements of the chest are so slight as to be scarcely noticeable, and the action of the diaphragm produces little effect; but by moderate exercise these movements are greatly increased, more than doubled, and the stomach is energetically kneaded. In this way, moderate exercise after eating is beneficial. The practice of breathing movements is also very helpful for persons who have slow digestion.

Exercise out of doors is especially helpful. Fresh air, and especially cold air, sharpens the appetite, and creates a demand for food by burning up the waste matters with which the tissues are clogged, and preparing the way for new material, which digestion introduces into the blood.

Claims to Be 157 Years Old.

Manuel Del Valle, of Menlo Park, a suburb of San Francisco, Cal., claims that he is 157 years of age. He has certificates showing that he was born in Zacatecas, Mexico, on Nov. 24, 1745.

IS ABSOLUTELY PURE

NATURE'S OWN RESTORATIVE IN FAVORITE PRESCRIPTION.

Dr. Pierce Announces the Ingredients of the Family Medicines Which Have Made His Name a Household Word in the World.

With all the recent talk about patent medicines and the determined effort in certain quarters to cast discredit upon all household remedies which come under that head, the fact remains that some of these medicines are so firmly established in popular favor and confidence, have so proved their worth and value, that all the denunciations of bigots cannot destroy the people's faith in them.

One of the best known of these remedies is Dr. Pierce's Favorite Prescription, a medicine which for years has been accepted by the people as a standard preparation for the cure of those ailments to which women alone are subject and which has proved to be a certain cure in nine cases out of ten and a sure relief in the other one.

There is nothing to conceal about the Favorite Prescription. It is an absolutely pure medicine—made of roots and herbs, Nature's own restoratives. Dr. Pierce is perfectly willing to let every one know that his Favorite Prescription contains Blue Cohosh (Caulophyllum Thallictoides), Black Cohosh (Cimicifuga Racemosa), Lady's Slipper (Cypripedium Pubescens) and Golden Seal (Hydrastis Canadensis). Every doctor knows that such a prescription is beneficial in the diseases of women and when properly compounded is certain to effect a cure in practically all cases when given a fair trial. Hereafter every bottle of the Favorite Prescription will plainly tell of what the medicine is composed. Thus Dr. Pierce will once more prove to the world his own confidence in the remedy which for forty years has borne his name and which is known all over the world as a sovereign cure for those diseases which, unchecked, make our women old before their time.

There is no alcohol in the Favorite Prescription. Dr. Pierce never believed in using alcohol in the preparation of his famous household remedies. For it he substituted chemically pure glycerine, which has wonderful properties for extracting the medicinal principles of roots and herbs and barks and preserving them at their full strength, without any deleterious effect whatever.

Your druggist sells the Favorite Prescription and also that famous alterative and blood purifier, the Golden Medical Discovery. Write to Dr. Pierce about your case. He is a well-qualified physician and will treat your case as confidential and without charge for correspondence. Address him at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., of which he is Chief Consulting Surgeon.

PEPSY'S "SIMPLE LIFE."

One Servant Had to do the Work of a Whole Staff.

In Pepsy's time the simple life was represented by small establishments, though not by small meals. He kept only one servant, for instance, but she had to do the work of a whole staff, including cook and kitchen-maid. Still, the one that he took from the Duke of Alhambra was paid four pounds in wages, and he tells us that he "never before did spend so big a sum on a wage." Here is one of the dinners she served up: "We had a fricassee of rabbits and chickens, a leg of mutton boiled, three carps in a dish, a great dish of side of lamb, a dish of roasted pigeons, a dish of four lobsters, three tarts, a lamprey pie, a mostrare pie, a dish of anchovies, good wine of several sorts—most neatly dressed by our own only mayde." The simple life generally means work for some one.

Wendell Phillips' Reply.

During the heat of the anti-slavery agitation, while on a railroad train, Wendell Phillips was thus addressed by a clergyman: "Mr. Phillips, why do you and your associates continue to excite our people of the North when no slavery exists here? Why do you not go to the South, where slavery does exist, and stop the importation of slaves?" "I believe you are a minister of the gospel?" said Phillips. "That is my vocation," replied the clergyman. "And your mission is to save souls from hell?" "That is my mission," replied the other. "Then," replied Phillips, "why do you not go there and stop the importation of souls?"

A Gallant Magistrate.

Judge Whitman is the only bachelor on the board of city magistrates in New York. He was called upon one forenoon to marry a couple from Philadelphia. The bride handed him a handsome rose from her bouquet and said: "I want you to take it home to your wife." "I shall be delighted to accept it," said his honor, "but can't I wear it myself? I have no wife." The bride looked at him with compassion. "That's too bad," she said, "and you so good looking." Then she turned to him suddenly and said: "Won't you come over to Philadelphia and let me introduce you to my sister?" "If she looks like you," responded the judge, with a bow, "I shall be tempted to take the next train."

When a man stands at the marriage altar he gets as nervous as he does when watching the bulletins of a baseball game.

It would be interesting to know how old a woman should be before she develops into a new woman.

CHINA WANTS SHOW

May Endeavor to Get a Representative on Peace Commission.

RUSSIA NOT ADVERSE TO CLAIM.

The New Commercial Treaty Between France and Russia is Designed to Meet Germany's Efforts to Secure Better Treaties.

St. Petersburg, July 18.—The possible role of China in the Russo-Japanese peace negotiations is attracting more attention. The foreign office intimates that China's notification that she would decline, unless assent was previously given to her to send a representative to the peace conference, to consider the Washington treaty binding, if its provisions affecting Chinese territory was regarded as prejudicial, was sent to all the powers in the form of a circular note. Russia, according to the foreign office, sent no reply to Peking, but it may be significant that some papers which occasionally have official inspiration, like Prince Onkotsky's Viedomosti, look with complaisance, if not satisfaction, on the prospect that China may try to have a voice in the terms of peace. Their argument is that any action on China's part will necessarily be in the direction of restricting Japan's war spirit, and that the other powers, especially the United States, in support of the principles of the Chinese territorial integrity, will be compelled to a greater or less extent to support the Chinese claims.

The Shanghai correspondent of a Russian news agency reports that China has already selected Wu Ting Fang, former minister to Washington, to go to the United States to watch the proceedings.

Paris.—Officials here say that M. Witte was chosen peace plenipotentiary because he always maintained that Manchuria was a field for Russian commercial development, but not a field for political expansion. Therefore, they see that he will seek to save Russia's commercial power rather than political status in the Far East. The new commercial treaty between France and Russia is designed to meet Germany's efforts to secure better commercial treaties.

This was followed by negotiations for the new Russo-German treaty, under which Germany gets notable advantages. France, therefore, will send a delegation of leading officials to St. Petersburg to co-operate with M. Bompard, the French ambassador, in securing a treaty which will give French products facilities equaling those of Germany.

The Shah of Persia arrived here today with an imposing party, included in which are several of his sons and their instructors. The shah was received with military honors and escorted to his hotel, after which official visits were exchanged. The party will remain here several days, seeing the sights, and later will attend the haultical festival at Havre.

The government has requested the French authorities to detain Stefano Boracini, who arrived at Havre on the steamship La Lorraine. The charge on which he is held is not announced.

ARREST WOMAN PREACHER.

Police Stop Her From Inciting Mob to Attack of Non-Unionist.

Chicago, July 19.—Lucy Drury, a street evangelist, was arrested at West Madison and Green streets Wednesday night on the charge of disorderly conduct after her preaching had so inflamed a crowd that it set upon and badly beat Thomas Smith, who was suspected of being a non-union teamster.

The woman was attacking the character of a woman well known in Chicago society, when Smith, who was in the crowd of auditors, interrupted her socialistic tirade against wealth, saying that he thought the woman was a credit to the city.

"You're a scab," shouted the woman preacher, "I saw you on an express wagon today."

At this the crowd attacked Smith and it was with difficulty that he was rescued and taken to the county hospital.

The crowd also attempted to mob the officers who arrested the woman preacher.

Boilers Burst in Ship.

San Francisco, July 19.—The Merchants' Exchange received the following telegram from Tootooh Island: "The Norwegian steamer Tricolor has passed here July 14, towing lightship 67. The lightship signalled Boilers burst; several men killed."

An Automobile Tour.

Turin, Italy, July 19.—It is learned from a most reliable source that Dowager Queen Margherita will go on an automobile tour through Spain and Portugal in September and later will visit the United States, sailing on a German steamer.

Four Killed in Explosion.

Brownburg, Quebec, July 17.—Four men were killed and two injured by an explosion in the detonator room of the Dominion Cartridge company's works.

Calumet

Baking Powder

Perfect in quality. Moderate in price.

Woman a Pilot Officer.

Mrs. Mary B. Greene, of Pittsburg, has been elected chaplain of harbor No. 2, American Association of Masters and Pilots. Mrs. Greene thus has the distinction of being the only woman officer in the order. She is the wife of Captain Gordon C. Greene, one of the best known river men and boat owners in that section of country. Some time ago she was granted a master's license, and at present is in charge of a steamer running between Pittsburg and Charleston, W. Va.

When You Buy Starch

buy Defiance and get the best, 16 oz. for 10 cents. Once used, always used.

What a man likes about the Fourth of July is the way he can cuss the things he did when he was a boy.

Don't Let Baby Cry.

When baby cries, something is probably wrong with its stomach, or other digestive organs, and no time should be lost in giving it a small dose of Dr. Caldwell's (Saxative) Syrup Pepsin. This is the only safe laxative medicine for Babies and Children, and should always be kept in the house. It contains no injurious ingredients, and can do nothing but good. Try it. Sold by all druggists at 50c and \$1.00. Money back if it fails.

Always speak well of yourself. Your friends will attend to the other side of it.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

Monarchs Share Birthday.

The King and Queen of Portugal share the same birthday. They were both born on September 28.

LIBRARIES OF THE COUNTRY.

Report Given by United States Commissioner of Education.

The United States commissioner of education has in his annual report a chapter on the libraries of the country. Only those containing 1,000 volumes or more are counted. There are nine libraries that contain more than 300,000 volumes each, and fifty-nine that have over 100,000 each. It is shown that the North Atlantic states contain more than half the entire number of libraries enumerated, 3,006 libraries containing in the aggregate 27,805,980 volumes. New York is at the head of the states, having 924 libraries, with 9,079,863 volumes; Massachusetts next, with 624 libraries and 7,616,994 volumes; Pennsylvania follows with 491 libraries, containing 4,580,312 volumes. These three states have nearly 30 per cent of the libraries and 40 per cent of the number of volumes reported for the whole country. Taking the country as a whole, there is one library containing at least 1,000 volumes for every 11,000 of the population.

Facts Are Stubborn Things

Uniform excellent quality for over a quarter of a century has steadily increased the sales of LION COFFEE, The leader of all package coffees.

Lion Coffee

is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the Confidence of the people.

The uniform quality of LION COFFEE survives all opposition. LION COFFEE keeps its old friends and makes new ones every day.

LION COFFEE has even more than its Strength, Flavor and Quality to commend it. On arrival from the plantation, it is carefully roasted at our factories and securely packed in 1 lb. sealed packages, and not opened again until needed for use in the home. This precludes the possibility of adulteration or contact with germs, dirt, dust, insects or unclean hands. The absolute purity of LION COFFEE is therefore guaranteed to the consumer.

Sold only in 1 lb. packages. Lion-brand on every package. Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

WHEN IT WILL RAIN.

Weather Foretold by Various Signs With Surprising Accuracy.

The coming state of the weather can be foretold by various signs with a surprising amount of accuracy. The following rules are laid down by an expert:

"Bees work with redoubled energy just before rain.

"If the flies are unusually persistent, either in the house or around cattle, there is rain in the air.

"Squirrels store a large supply of nuts, the husks of corn are unusually thick, and the buds of certain trees have a firmer protecting coat if a severe winter is at hand.

"If the poplars and aspen leaves turn up the under side, rain will soon follow.

"Last, but not least, persons who suffer from rheumatism can always tell by their feelings when a storm is approaching, and in this method of prophesying many folk of today are as firm believers as were our forefathers."

His Hair is His Fortune.

There is something almost pathetic in remarks with which Mne. Paderevski is credited—that her husband simply dare not cut his hair. He might desire to have a head, as trimly neat and smooth as a greyhound, says his wife, but the public would not let him. Were he to abate his ambrosial locks to even half their present proportions the music lovers of London and New York would cry out, and if he persisted in shortening his hair they would desert him for a new idol.

One gets mighty lonesome when they begin to repulse sociability and try to establish a world of their own nature.

A girl's idea of a trust is to have a monopoly on a young man's affections.

Cure For The Blues

ONE MEDICINE THAT HAS NEVER FAILED

Health Fully Restored and the Joy of Life Regained

When a cheerful, brave, light-hearted woman is suddenly plunged into that perfection of misery, the BLUES, it is a sad picture. It is usually this way: She has been feeling "out of sorts."



for some time; head has ached and back ached; has slept poorly, been quite nervous, and nearly fainted once or twice; head dizzy, and heart-beats very fast; then that bearing-down feeling, and during her menstrual period she is exceedingly despondent. Nothing pleases her. Her doctor says: "Cheer up; you have dyspepsia; you will be all right soon."

But she doesn't get "all right," and hope vanishes; then come the brooding, morbid, melancholy, everlasting BLUES.

Don't wait until your sufferings have driven you to despair, with your nerves all shattered and your courage gone, but take Lydia E. Pinkham's Vegetable Compound. See what it did for Mrs. Rosa Adams, of 819 12th Street, Louisville, Ky., niece of the late General Roger Hanson, C.S.A. She writes: "I cannot tell you with pen and ink what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered with female troubles, extreme lassitude, the blues, nervousness and that all-gone feeling. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it not only cured my female derangement, but it has restored me to perfect health and strength. The buoyancy of my younger days has returned, and I do not suffer any longer with despondency, as I did before. I consider Lydia E. Pinkham's Vegetable Compound a boon to sick and suffering women."

If you have some derangement of the female organism write Mrs. Pinkham, Lynn, Mass., for advice.